FOOD GUIDE PYRAMID

A Guide to Daily Food Choices

nutrients you need and Fats, Oils, & Sweets KEY at the same time the right **USE SPARINGLY** These symbols show tot and added sugars in foods. amount of calories to maintain a healthy weight. (naturally occurring and added) Sugars (added) Meat, Poultry, Fish, Milk, Yogurt, Dry Beans, Eggs, & Cheese Group & Nuts Group 2-3 SERVINGS 2-3 SERVINGS Vegetable Group Fruit Group 2-4 SERVINGS 3-5 SERVINGS

The Food Guide Pyramid emphasizes foods from the five food groups shown in the three lower sections of the Pyramid.

Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group can't replace those in another. No one food group is more important than another—for good health, you need them all.

Bread, Cereal, Rice, & Pasta Group 6-11 SERVINGS

The Pyramid is an outline

of what to eat each day. It's not a rigid prescription,

but a general guide that lets you choose a healthful diet that's right for you. The Pyramid calls for eating a variety of foods to get the